

## ***THE MONTGOMERY COUNTY CRISIS CENTER***

CRISIS, INCOME, AND VICTIM SERVICES  
THE DEPARTMENT OF HEALTH AND HUMAN SERVICES  
1301 Piccard Drive  
Rockville, Maryland 20850  
240-777-4000

### **CRISIS REACTION**

#### ***A NORMAL RESPONSE TO AN ABNORMAL SITUATION***

***A crisis may cause stress reactions in all areas of your life***

Numbness, Crying, Fatigue  
Sleep Disturbances  
Change in Appetite/Weight  
Low resistance to illness  
Frustration, Helplessness, Irritability  
Depression, Despair, Grief  
Guilt, Anger, Outrage  
Suicidal Thoughts  
Difficulty in Returning to a Normal Activity Level  
Feeling Overwhelmed or Confused  
Feeling Insecure or Inadequate  
Concentration/Memory Problems  
Loss of Trust, Spiritual Questioning  
Flashbacks, Regression  
Difficulties with Anniversaries of Stressful Events  
Excessive Use of Sick Leave, Withdrawal  
Work/School/Family Problems  
Fear, Anxiety  
Excessive Alcohol/Drug Use

***\*If you need to talk, have questions, want information, now or in the future, call us at the below number.***

***Some things you can do to make yourself feel better***

- Talk about what happened.
- Talk about your feelings with friends and loved ones.
- Create a daily routine so you feel more in control.
- Eat balanced meals so your body has the energy to deal with stress.
- Take time to let your body relax and recover, even if it seems like there are endless things to do.
- Cry when you need to, rather than holding it in. (It is probably best not to cry in front of your children as they need to feel safety and strength from you at this time.
- Let anger out by beating a pillow or doing a safe, exhausting physical activity.
- Try to walk if you have no other form of physical exercise.

***Some things you might want to remember***

- All these feelings and reactions are normal and natural, even though they may seem unusual and even though some are very different from the others.
- We are all individuals and we all respond in different ways.
- Everyone moves through the stages of crisis at his/her own pace.
- Don't Monday morning quarterback---we can always think about what we or others could have done differently.
- Avoid people who are too negative and bring you down with their complaining or anger.
- Except when you need specific information, try not to dwell on the news. Read something that will take your mind off the problems at hand or listen to music if available.
- Remember that tempers are short. Try to take what people say with a grain of salt and not react too strongly. If you feel too angry, take a "time out" from your loved ones until you calm down.
- Avoid the use of drugs and alcohol, limit caffeine intake.